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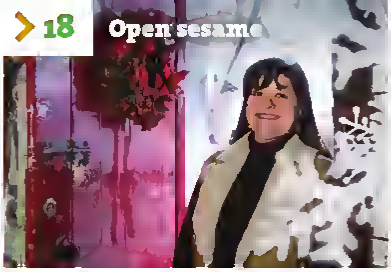

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thenewhammag

issue 265 // 21 December 2012 – 18 January 2013

Season's greetings

Merry Christmas and a Happy New Year from Newham Council

Making tracks to Logic Pro 9 yet?

Learn how to make professional quality music tracks with us.

What is Logic Pro 9?

Logic Pro 9 is Apple's pro audio and Midi sequencing software. This software is used by many of today's top recording artists and producers such as Coldplay, Chemical Brothers, Christina Aguilera and The Killers to name just a few. Logic Pro 9 contains over 80 effects and 40 instruments which include amazing synthesizers, a cool drum machine, a fully fledged sampler and many more great sounding devices. From Rock to Hip Hop, Garage to Dubstep, it has all the tools you need to help you make professional sounding music tracks.

What experience do I need for this course?

No formal qualifications are required, but you must be able to demonstrate a real interest and commitment in the subject as well as basic literacy and numeracy skills. You must be able to use a PC or Mac computer.

NB. Logic Pro 9 is an Apple Macintosh only Application, it will not work on a PC running Microsoft Windows

How long is the course?

The Logic Pro 9 course runs for 10 weeks (3 hours per week) and enrolment starts 2nd January 2013.

How will I learn?

You will learn in a variety of ways. Our brand-new modern Music Technology Suite has 10 complete music workstations, which include Apple Macintosh iMac Computers, Edirol controller keyboards, M-Audio Soundcards and, of course, all the industry-standard music software including Logic Pro 9.

Although there is some theory to learn, most of the work will be practical and hands-on.

Course Tutor: Steve Line Apple Certified Trainer, Logic Pro 9

For further information please call us on 020 8522 5770
Little Ilford Learning Zone, 1a Rectory Road, Manor Park, E12 6ET.

Newham London

the newham mag

Look out for the next issue from 8 January 2013

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21 December 2012 // **issue 265**

What an amazing year 2012 has been for all of us. We end on a high note with details of the topping out of the superb new council building in East Ham.

We've tips on what to do with all your Christmas waste (p8), winter advice for older residents (p14) and two fantastic competitions (p22).

Remember that between Christmas and New Year most of our offices are closed. Full contact details for the council can be found on pg4.

Have a very merry Christmas and a wonderful 2013.

Cllr Richard Crawford
executive member for community affairs

To request a large print version of the Newham Mag call 020 3373 1517 or email newham.mag@newham.gov.uk

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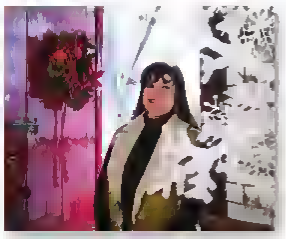

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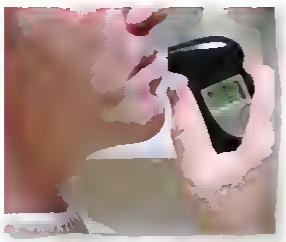

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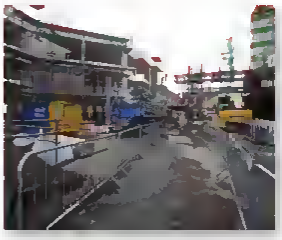

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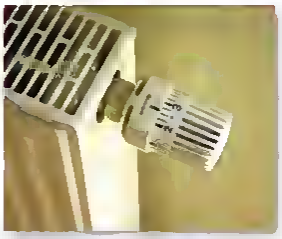

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Newham London

For all Newham Council services call 020 8430 2000 or visit www.newham.gov.uk

IN BRIEF //

Service closure
Following a three month consultation Newham Council has decided to close the Mental Health Day Opportunities service in March 2013. Over the next three months we will work with service users to find alternative services across the borough. For more information visit **www.newham.gov.uk/MH**

Taxicard allocations reduced
Due to a cap on funding by Transport for London (TfL), annual journeys for members of Newham's Taxicard scheme are being reduced over the next two years, from 552 to 144. The change will be phased from April when the number of trips will be reduced to 312.

Newham's current limit is more then four times higher than any other London borough – 144 journeys will still be the highest limit in London.

Following representations from the Newham Transport Action Group, Eye 2 Eye and others, the council will be taking up significant issues raised by existing Taxicard users with TfL and the local NHS.

For more information visit **www.newham.gov.uk/taxicardconsultation**

Newham Volunteers honoured
The Newham Volunteers are one of 60 organisations which have been honoured with a Queen's Diamond Jubilee Award. The award recognises organisations that have used volunteering to change the face of Britain.

Newham's volunteers were recognised for their work in helping to deliver the London 2012 Games.

The award-winning scheme recruits, trains and provides volunteers to support and transform the way services are developed and delivered.

Find out more about Newham Volunteers by visiting **www.newham.gov.uk/volunteers**

Council welcomes Olympic Stadium decision

Newham Council has welcomed the decision by the London Legacy Development Corporation (LLDC) Board to select West Ham United as the highest ranked bid for the Olympic Stadium in Stratford, subject to final conditions being met.

Mayor Sir Robin Wales said: "This is another massive step forward in securing the future legacy of the Olympic Stadium for the residents of Newham, the people of London and the nation as a whole. Newham's vision for the stadium remains to create significant community benefits including a world class visitor attraction, job creation, access to events held there and increased sports participation."

Kim Bromley-Derry, chief executive of Newham Council, said: "The decision by the LLDC Board, subject to matters being resolved, is very good news for the people of Newham. West Ham United are not just a local club – they are an important part of the community."

Don't get caught in the cold

Whatever the weather this Christmas, keep up to date with the latest travel advice, council services and more by following Newham Council online.

Updates on gritting or urgent public announcements will be made on **www.newham.gov.uk** and via the council's Twitter feed, **@NewhamLondon**.

All council services will operate as normal on Christmas Eve but council offices and libraries will be closed from Christmas Day until 2 January.

Revised waste collection and recycling services will be in operation until Monday 14 January, see page 10. Newham Register Office will be running an emergency service for notifying births and deaths.

To find out more visit **www.newham.gov.uk/chnstmasclosures** or in an emergency you can call 020 8472 9624.

Doors close at Atherton

Local construction firm Mulalley has been confirmed as the preferred contractor for the new Atherton Leisure Centre in Stratford.

The centre will close for the final time on 31 December to make way for a modern and accessible leisure centre that will form part of the borough's Olympic legacy. A public consultation on plans for the centre will start in the new year and work is expected to start in the summer of 2013.

While work gets under way, customers will be able to use other sports facilities in Newham. Visit **www.newham.gov.uk** to find out more.

News

Rathbone development celebrated

A ceremonial tree has been planted at Vermilion, Canning Town's striking new development, to celebrate its completion.

The vibrant, red Vermilion building plays a key role in the £180m redevelopment of Rathbone Market. The scheme is being delivered by Newham Council and English Cities Fund (ECF), a joint venture between Muse Developments, Legal and General Property and the Homes and Communities Agency.

Phase one is now complete providing 271 new homes, a unique eco-garden and allotments for residents, plus 20,000 sq ft of commercial space.

To mark phase one's completion, a Black Alder tree was planted in Vermilion's eco-garden by Councillor Clive Furness, Canning Town North ward member and executive member for health and adults commissioning, and ECF's chairman Sir Michael Lyons.

Cllr Furness said: "The Rathbone Market scheme plays an important part in the whole regeneration of Canning Town and it has been fantastic to watch this striking development take shape."

Turning over a new page

The new year will bring a new look to Newham's libraries.

Thousands of books and other resources are being moved to the new Manor Park Library at 685-693 Romford Road, E12, which opens on 2 January.

The Gate library in Forest Gate will close for refurbishment on Monday 24 December and is due to re-open in summer 2013 following an upgrade. As well as traditional library services, improvements will include self-serve kiosks that will enable customers to make a range of quick and easy council payments and provide free internet access.

All the borough's libraries will operate revised opening times from 2 January that are more reflective of user needs. The decision follows an assessment of when the libraries are used the most and where they are located. Visit **www.newham.gov.uk/libraries** for more information.

Going for a song

Deputy Mayor Councillor Lester Hudson judged the Westfield Choir Awards which saw schools in Newham, and surrounding boroughs, celebrate their musical talents and compete for a prize of £1,000.

More than 600 children from 16 schools competed for best choir, costume and performer.

Each school performed in the Stratford City shopping centre and sang at least two songs with a Christmas theme. The event was an opportunity for Westfield to build links with local schools, support performing arts in the community and raise money for Save the Children.

Paying your rent

If you're a council tenant, you'll shortly be receiving your quarterly rent statement. Under new Government rules, if you receive Housing Benefit this may be reduced. If you are unable to pay your rent, you could be evicted so it is important that you are prepared.

To find out more about possible changes to your benefit, visit **www.dwp.gov.uk** where an online benefits calculator will help you identify whether your Housing Benefit will be reduced from April 2013. You can also call the DWP helpline on **08456 057 064**, Monday to Friday, 8am-6pm.

Finding work and qualifying for Working Tax Credit may be your best option. Newham's jobs brokerage service Workplace can help you look for a job, call **020 3373 7817** or visit **www.workplace.co.uk**. Help is also available through your local Jobcentre Plus office, call 020 8503 1801 or visit **www.gov.uk/jobsearch**

Superhighway is a super idea

Cycling is one of the sports that is enjoying a post-Olympics boost, thanks to the incredible achievements of our athletes such as Bradley Wiggins.

But even gold medal winning cyclists aren't immune from danger. Bradley was just recently knocked off his bike by a van while out training not long after the Games. Busy roads and bicycles don't always go well together. There have already been 14 tragic deaths this year on London's roads, but we've got to get more people active as part of our legacy from the Games.

"We have always demanded a high-quality cycle infrastructure..."

I am therefore pleased that Transport for London (TfL) has listened to us when planning to extend the Cycle Superhighway along both sides of the High Street between Stretford and Bow. We have always demanded a high-quality cycle infrastructure to improve safety for cyclists, pedestrians and other road users, so the plan for the High Street is a big step forward.

The complete scheme is still a little way off. A public consultation will start in the new year so there is still time for us to make sure the design and safety aspects are exactly what we want. But we have dug our heels in and told TfL that we don't just want a section painted on the road. As a result, what we are likely to get are fully segregated cycle lanes that will be among the safest around.

Games legacy work goes on

We are at the end of a fabulous Olympic and Paralympic year – but not at the end of our work to make Newham a better place for everyone. That was the message I gave to MPs, peers and business leaders at an All Party Parliamentary group in Westminster.

"We also want to create 5,000 new jobs in 2013 for people in Newham."

We are serious about ensuring that the legacy of the 2012 Games reaches far beyond a summer of fantastically enjoyable sport and culture, including making sure the Olympic Stadium offers considerable community benefits to residents, as well as being a world-class visitor attraction.

Outside the Stadium

In terms of legacy, there's a lot more we need to do, particularly in creating jobs and infrastructure, and we need a commitment from the Government to make it happen.

Despite more than £1bn of investment, Stratford International Station still does not receive international rail services. We need a new river crossing if we are to meet future demand for capacity. We also want to create 5,000 new jobs in 2013 for people in Newham. I am determined to achieve this and get our voice heard. The Games may be over but there are still goals we need to accomplish so the hard work is far from over.

Mayor's view

Still time to spread Christmas cheer

This year I have again supported the toy appeal that ensures every Newham child has a gift to open on Christmas Day.

Canning Town charity Community Links and the Newham Recorder newspaper have been running the appeal for more than 30 years. This year the target has been 14,000 toys to help almost 4,000 youngsters and their families.

The appeal has experienced an unprecedented level of genuine need and hardship. In the little time we have left between now and Christmas I encourage as many people as possible to support it.

Every child matters, especially at this time of year. I am delighted to be able to do my bit and I also thank Smyths, the toy shop in Gallions Reach, Beckton, and Newham Council chief executive Kim Bromley Derry for helping out too.

On behalf of everyone at Newham Council, I wish everyone a happy, healthy and safe Christmas and a prosperous new year. Enjoy the festivities, but also remember those who are working over the holiday, and our armed forces who serve and protect us throughout the year.

Helping Team Community Links collect toys for the appeal

Good news on the cards

I am able to offer some Christmas cheer with the news that it is the council's intention not to ask residents for a penny more in Council Tax for the fifth year running.

In my interim budget proposals approved by the council's Cabinet, the levels for the different property bands for 2013/14 are the same as they were in 2008/9.

I will continue to deliver the services residents say are important. We still have to tighten our belts but we will continue to save money through greater efficiency, maximising income and withdrawing services that no longer serve customer needs.

Every Child a Musician pupils from Stratford's Gainsborough School performing at the Stratford Christmas lights switching on

I intend to extend our wonderful Every Child a Musician programme to include Year 7 pupils across the borough. I am also proposing the creation of a Life Changing Fund to offer help to those people who really aspire to turn their lives around. The final budget proposals will be considered by the full council in February.

with Sir Robin Wales

Have a green Christmas with holly, ivy, mistletoe and a little recycling

Christmas is a time when we bring a bit of greenery into the house, but you can also be green when you put the rubbish out.

At Christmas each person in the UK throws away an average of 50kg of rubbish. We collectively use 364,700km of wrapping paper, enough to reach the moon, throw away 250 tonnes of Christmas trees and use enough foil to wrap and roast the county of Suffolk.

Before you throw away the wrapping paper the tree, your cans and bottles, think about recycling them

Seasonal tips for recycling in Newham

Dasher says: "Recycle your wrapping paper, but foil or plastic gift wrap must to go into your rubbish bin."

Dancer and Prancer say: "Recycle your cardboard, but flatten or tear it up before putting it into your bin to save on space."

Vixen, Comet and Cupid say: "All of your tins, cans and plastic bottles can be recycled – just give them a quick rinse first."

Donner and Blitzen say: "Recycle your Christmas cards, or make them into gift tags for next Christmas."

Rudolph the Red Nose Reindeer says: "If you've bought a real Christmas tree, book a free garden waste collection from your home, or take it to Jenkins Lane Reduce and Recycle Centre, Jenkins Lane, IG11. Remember to remove all lights and decorations first."

Santa's Little Helper says: "Plan your meals and only buy what you need. This will save you money as well as reduce waste. Leftovers can be made into tasty meals. Try to use up what's in your freezer so that you've got plenty of room for your leftover mince pies. For recipe ideas and storage tips visit www.lovefoodhatewaste.com

Santa says: "For more information visit www.newham.gov.uk/recycle Call 020 8430 2000 to book a free garden waste collection or apply online at www.newham.gov.uk via your My Newham account.

"In case I don't see you, ho, ho, ho, merry Christmas and a Happy New Year!"

Mosque planning application rejected

Plans for a mosque with capacity for up to 9,000 worshippers at Abbey Mills, Canning Road, Stratford, have been rejected by Newham Council.

On Wednesday 5 December, Newham Council's Strategic Development Committee considered the application from the Riverine Trust with great care before deciding to unanimously reject it on five key grounds.

- **Departure from the development plan**
  Our plans for the site are for a mixed use of jobs, homes and a community space, not a single use as outlined in the application
- **Retention of existing buildings**
  Buildings on the current site are unsightly
- **The building would have been too big**
  It would impact on its surroundings, including important historic buildings within the Three Mills Conservation Area
- **Implications for local parking and traffic**
  Only 300 parking spaces were proposed on site for 9,000 worshippers
- **The existing site is heavily contaminated**
  The proposal did not address cleaning up the site which is a former chemicals works.

The council undertook an extensive consultation and received more than 29,000 responses from residents and others.

The application was turned down purely on planning grounds. The creation of new homes and jobs is a priority for Newham Council. The site, with excellent transport links at West Ham Station, is ideal for a mix of residential, employment and community uses.

What happens next?

The application has been referred to the Mayor of London, with a recommendation to refuse the application, for a decision by the end of December. The Greater London Authority has already stated that the application fails to comply with the London Plan on eight of nine criteria relevant to the application. The Trust is now free to bring forward revised plans or to appeal the decision.

In a separate action, Newham Council is taking the Riverine Trust to court. The Trust failed to meet assurances they gave to stop using the site as a mosque, demolish existing buildings and redevelop the site for mixed-use by March 2012.

For more information visit
www.newham.gov.uk/abbeymillsplanning

Newham London

Christmas and New Year revised refuse and recycling collection times

Collection day	Revised collection day
Monday 24 Dec	NO CHANGE
Tuesday 25 Dec	Thursday 27 Dec
Wednesday 26 Dec	Friday 28 Dec
Thursday 27 Dec	Saturday 29 Dec
Friday 28 Dec	Monday 31 Dec
Monday 31 Dec	Wednesday 2 Jan
Tuesday 1 Jan	Thursday 3 Jan
Wednesday 2 Jan	Friday 4 Jan
Thursday 3 Jan	Saturday 5 Jan
Friday 4 Jan	Monday 7 Jan
Monday 7 Jan	Tuesday 8 Jan
Tuesday 8 Jan	Wednesday 9 Jan
Wednesday 9 Jan	Thursday 10 Jan
Thursday 10 Jan	Friday 11 Jan
Friday 11 Jan	Saturday 12 Jan

Normal collections resume from Monday 14 January

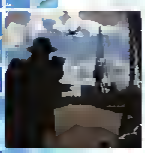
visit **newham.gov.uk/recycling**

recycle for your community

Barking & Dagenham | Havering | Newham | Redbridge

Newham London

ROYAL DOCKS TRUST AND NEWHAM COUNCIL JOINT FUNDING FOR COMMUNITY PROJECTS 2013-14



Newham Council and the Royal Docks Trust invite voluntary and community organisations which serve the Docklands area of Newham (south of the A13 Newham Way), to apply for funding

Priority will be given to projects that:

- → contribute to the growth of personal, community and economic resilience in the area of benefit
- → enable the community and voluntary sector to provide services contributing directly to the regeneration of the area and access to jobs
- → include youth work and cultural, sports and leisure activities for children and young people
- → benefit older people and/or disabled people and present sustainable opportunities to improve quality of life
- → demonstrate value for money
- → maximise long term benefits for local residents

For further information please contact Stephen Collins on 020 3373 6019 or email: stephen.collins@newham.gov.uk

Application packs can be downloaded from the following websites: www.newham.gov.uk or www.royaldockstrust.org.uk

Closing date for applications: 5pm on Wednesday 23 January 2013

East London NHS
NHS Foundation Trust

How East London NHS Foundation Trust is making a difference

Terry Munro who lives in North Woolwich was one of the first patients in Newham to take charge of his own health by using the latest mobile phone and computer technology.

Terry has diabetes and lives alone. He uses insulin to control his glucose levels and prevent some of the worse effects of the disease, but was worried about the risk he could fall into a coma when no one was around.

Terry now uses Telehealth equipment linked to a set top box on his television to take readings and upload them. This allows him and the central Telehealth team to monitor changes in his health and take action to keep him stable. Terry now has much greater peace of mind.

Terry said: "Every morning I take my blood pressure and blood sugar. It helps me know how I am doing. Telehealth is a fantastic help to me."

Dr Robert Dolan, Chief Executive of East London NHS Foundation Trust, is supportive of this development. He said: "Using technology in this way promotes independence. Patients can begin to understand what the readings indicate and understand how to manage their own care."

Dr Ashwin Shah MBE, deputy chair of Newham Clinical Commissioning Group, said: "The benefits of Telehealth are that patients can monitor their own progress and spot if fluctuations are related to something they have done differently.

"Telehealth also provides us with an opportunity to improve care and reduce costs."

Launch of Integrated Care and Telehealth

In December 120 GPs, health and social care staff in Newham were joined by Sir John Oldham, National Lead for Quality and Productivity, at an event jointly hosted by East London NHS Foundation Trust and Newham Clinical Commissioning Group.

Sir John commended services in Newham for the progress made in integrating health systems for patients. He acknowledged that Telehealth can help people with long term conditions such as high blood pressure, diabetes and breathing and heart problems, to monitor their health to avoid periods of illness and unnecessary hospital visits and admissions.

Newham London

are you my forever family?

Adoption, what would you say?

Don't just think about it, call us free

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www.newham.gov.uk/adoption

Newham London

We are building you a new Atherton Leisure Centre

The Atherton Centre will be closed from 31 December to be rebuilt and will be open again in 2015.

Newham Council is investing £14 7m to build a brand new Atherton Leisure Centre The new centre will include swimming facilities, a state of the art gym and space for fitness classes

While the centre is closed you can use the borough's other leisure centres.

Balaam Leisure Centre
Balaam Street, Plaistow E13 8AQ

East Ham Leisure Centre
324 Barking Road, East Ham E6 2RT

Newham Leisure Centre
281 Prince Regent Lane, Plaistow E13 8SD

Visit **www.newham.gov.uk/leisurecentres** for further information

(L-r) Cllr Ian Corbett, executive member for infrastructure and environment; Cllr Jose Alexander, East Ham North ward member; Andy Mason, construction director, BAM Construction and Deputy Mayor Cllr Lester Hudson

Top of the world at East Ham Campus

The seal of approval has been placed on the multi-million pound regeneration of one of the borough's most iconic landmarks.

Swift progress has been made at the East Ham Civic Campus on Barking Road, E6. The completion of external building work, the first phase in the £27.5m scheme, was marked with a topping out ceremony.

The new customer service centre and library is part of a Newham Council regeneration project that has created a three-floor, 33,000 sq ft building. It will house a modern, state-of-the-art and accessible library alongside customer services, such as Council Tax and benefits advice.

Work started on the site in July with the project as a whole scheduled to be completed next autumn.

Deputy Mayor, Councillor Lester Hudson, said: "This is a significant milestone for both the project and for Newham. East Ham's Town Hall has been at the heart of our community for generations and is now set for a new lease of life.

"By creating a modern campus and service centre, we are doing something that will help create a resilient community that embraces the challenges of the 21st Century. We are doing this at a time when many other councils are cutting back on facilities and services."

Some of the existing listed buildings at the East Ham Campus are also being refurbished as part of the project. The Grade II* listed Old Technical College, which was disused, is being renovated as part of the re-invigoration of the campus. The upgrade also includes improving disability access to the existing public campus buildings.

Councillor Conor McAuley, executive member for regeneration and strategic planning, said: "Newham Council is happy to bring a further boost to East Ham's economy. This superb new building will provide excellent facilities for local residents and council staff."

Stay healthy this winter

Every year, more than 27,000 people nationally die during winter because of the cold weather; nine out of ten of these are older people.

Older people are more vulnerable to the effects of cold weather. As we get older our bodies respond differently to the cold, increasing the likelihood of a heart attack, stroke or pneumonia.

If you are an older person you can stay well during the winter weather by following some simple measures:

- **Visit your pharmacist for advice on minor illnesses** and over the counter medicines
- **See your GP for medical advice and prescriptions.** Having enough of your regular medication to last a few days is important during cold and holiday periods
- **Keep warm and lower your bills.** Set your heating to 21°C (70°F) by day and 18°C (64°F) at night. Have a hot drink before bed and use a hot water bottle or electric blanket
- **Eat well.** Have hot meals and drinks throughout the day. Stock up on food in case it's too cold to go shopping.
- **Wrap up and keep active.** Layer your clothing and wear shoes with a good grip if you go outside. Light exercise will help keep you warm
- **Coughs and sneezes spread diseases.** Reduce the spread of winter illnesses by using tissues and washing your hands
- **Be a good neighbour.** See how a relative or vulnerable neighbour is doing. If you are worried about someone call the council on 020 8430 2000 or Age UK on 0800 00 99 66

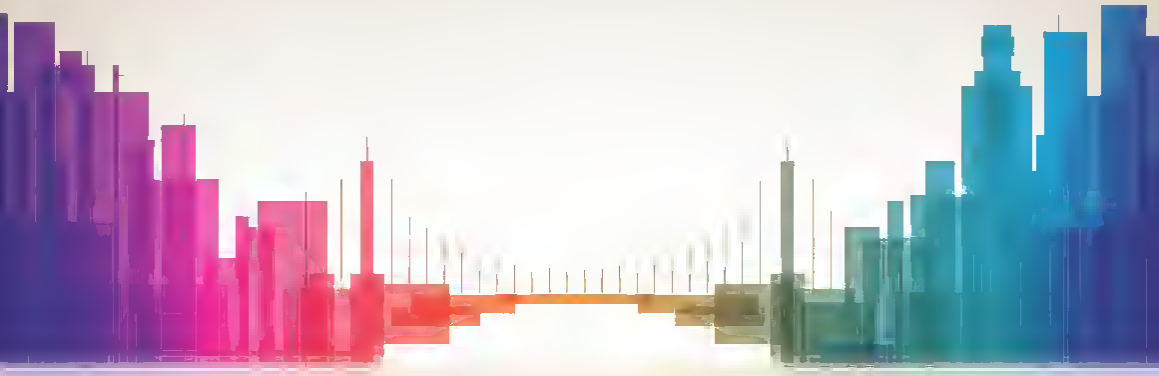
For more information visit www.nhs.uk/Livewell/winterhealth

Cash in

If you get Pension Credit or certain other benefits you can get an extra £25 a week when average temperatures are 0°C or below for seven consecutive days.

Many people born before 6 July 1951 get Winter Fuel Payment to help with heating costs. Call the Winter Fuel Payment helpline on 08459 15 15 15 or visit **www.direct.gov.uk/winterfuel** to find out more.

If you receive Pension Credit, you may be entitled to a warm home discount on your electricity bill. Ask your energy supplier or visit **www.gov.uk**



A new bridge for east London?

To alleviate congestion and help the local economy grow, east London needs more river crossings. That's why Newham Council is asking the Mayor of London for a new bridge.

Currently, to the east of Tower Bridge we only have four fixed vehicle crossings: the Rotherhithe Tunnel, the Blackwall Tunnel, the Dartford Tunnel and the Queen Elizabeth II Bridge (QEII Bridge). Central London has 14 uncharged road bridges from Tower Bridge to Hammersmith Bridge, with another 11 road bridges within the M25 to the west.

Currently, an estimated 185,000 vehicles use the Dartford Tunnel and QEII Bridge each day. The Blackwall Tunnel carries more than 100,000 vehicles per day and the Rotherhithe Tunnel well over 34 000.

Regular problems occur on these existing routes and frequently cause major congestion throughout east London. The Blackwall Tunnel, for example, has more than a thousand unscheduled closures each year, mostly due to over-height vehicles and breakdowns. These and scheduled repair works cause congestion that adds to traffic on our streets.

Everyone agrees that east London needs more routes over the Thames.

The Mayor of London has put forward proposals for a ferry at Gallions Reach, Beckton and a tunnel at Silvertown, but Newham and Greenwich councils don't believe that this is good enough.

A ferry would only carry an estimated 350 vehicles per hour. A four lane bridge could carry 4,000 vehicles per hour.

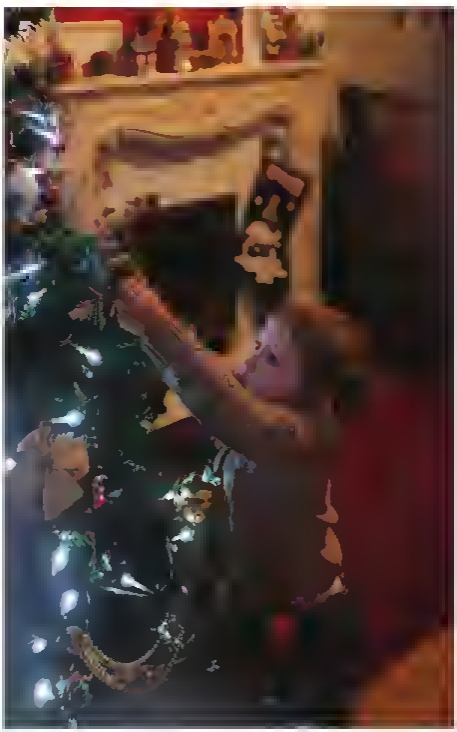
At £150m, the ferry is an expensive option and there are plans to introduce a toll on the Blackwall Tunnel.

Newham Council is calling on the Mayor to 'Bridge the Gap' and build a bridge between Gallions Reach and Thamesmead. We also think that the proposed charges should be consulted on. We would prefer the crossings to be free, but at very least they should have significant discounts on tolls for local people.

The Mayor of London is running a consultation on these issues until 1 February 2013. Residents who want to voice their opinion should visit www.tfl.gov.uk/rivercrossings.

Newham Council is urging local businesses and residents to give strong support to the fixed link crossing option at Gallions Reach (question 7) as well as to the Silvertown Tunnel (question 3).

Newham in pictures



1 Santa snoozes while an elf hangs up her stocking at Stratford Circus's Pop Up Christmas Theatre **2** Dressed for success Vicarage Primary School E6, practise their nativity play **3** Snuggling up beside the Christmas tree at Theatre Square Stratford **4** Can you dig it? Plaistow Primary School pupils bury a 2012 time capsule **5** George from East Ham puts the finishing touches to his Christmas tree

Lady in Red

Walk through two inconspicuous red doors on Masterman Road, East Ham, and be prepared to be transported into a magical setting where anything is possible.

Tucked away off High Street South, Red Door Studios (RDS) is more than an art gallery or studio space. Since taking over the venue two years ago, East Ham resident and creative director of RDS, Dolores Maisinneuve, has put her heart and soul into the previously derelict building. The rugged, tiled interior and higgledy-piggledy layout of this former bakery/glass factory makes it the perfect home for exhibitions, events and spaces like Granny's Attic, a pop up button shop, a log cabin, retro boudoir and a seasonal enchanted forest.

Why did you choose this building?

I love old buildings. I had always walked by this one and thought it was really interesting but it always seemed quiet, there never seemed to be any life or anything happening. I liked the brick, I liked the red doors, there was something fascinating about what might have heppened behind those doors. We contacted the estate agent and that was it. I walked into here and I said to Gord, my husband: 'Maybe we could set up a studio and an art gallery?'

Where did the idea for RDS come from?
A creative community can do a lot. They can bring energy and creativity to an area. When I saw this building I thought why not set up an arts studio and gallery and see what happens.

It's been interesting. We haven't attracted what I like to call the Hackney refugees, artists who have moved out because they can't afford their rents anymore. It's been a lot of local people that have come out of the woodwork. There are an incredible amount of talented and artistic people in this area. When we had our summer exhibition it was made up of artists from only a few streets away from us. We had more than 24 people taking part. A lot of them are amateurs and do their art as a hobby. Our oldest artist is 87-years-old. Our youngest was 14. That's part of what Red Doors does. We're not just an arts studio or just a gallery, we do markets, events and we promote people's creativity and allow them to have an outlet.

What events have you held at RDS?
In 2011 we had our first summer exhibition. We've held lots of events since: a rhythm and blues night, Halloween pumpkin carving workshop, sewing workshops, a retro market and a regular Christmas market. It's been a bit experimental. People say 'I'm interested in this' so we try it.

I don't want Red Doors to be one thing but it's finding the combination of things that makes it thrive. It's like this little stew I'm making and I'm not really quite sure what it'll turn out like. We want people to feel welcome and that this is their thing too.

What would you like to achieve in 2013?
A solid foundation for the studio. I'd love for this building to be buzzing with artists, or creatives, as they say now. I want all the studios rented out and the space being used regularly by people putting on exhibitions and events. Having the artists in the community doing things here would be great – as would breaking-even and being more sustainable.

I'd like the artistic buzz of creative energy to spill on to the high street. High Street South has some unique businesses; it's a vibrant little area. I'd love to see us come together to promote ourselves with, say, an art exhibition in all the windows of the shops. People should feel proud and happy about where they live and that's at the heart of RDS.

To volunteer, rent studio space or hold an event at Red Door Studios email reddoorstudios@ymail.com or call Delores on 07515 378 548. Find Red Door Studios on Facebook or follow @RedDoorsStudios on Twitter.

Keep your festive fun safe

The police are running an intensive campaign throughout the festive period against driving under the influence of alcohol or drugs. Their advice is simple, don't do it.

There is no excuse for drink driving. Alcohol can affect your ability to drive. It creates a feeling of overconfidence, makes judging distance and speed more difficult and slows your reactions so it takes longer to stop.

If you are going out, plan ahead. If you're likely to drink alcohol make sure you can get home safely. Book a taxi or have a designated driver. Don't drink and drive.

Driving under the influence of drugs is also illegal. Drugs can influence your driving in many ways. Drug drivers can suffer from slower reaction times, erratic and aggressive behaviour and inability to concentrate properly. The police can now also test for drug driving. If you are caught the penalties are the same as drunk driving.

Minicabs

The police's advice is:

- book your minicab with a licensed minicab operator
- make sure the driver can confirm your name and destination before you get in
- always sit in the back seat and carry your mobile phone with you in case of an emergency
- text cabs to 60835 for a registered cab or taxi.

The penalties of drink or drug driving

Driving ban

A minimum 12 month ban for first offences or a minimum three years if you have a previous drink driving conviction in the past ten years.

Fines

You can be fined up to £5,000.

Prison

You can get up to six months in prison.

Death

Driving under the influence of alcohol is a primary factor in 25 per cent of all road deaths. Reports suggest that drugs are a factor in a further 25 per cent of fatal crashes.

Don't tolerate drink driving

David Brewster, chief inspector operations, Newham Borough Police, said: "We want anyone who suspects that someone is driving under the influence of alcohol or drugs to contact Newham Police immediately. Dial 999 so that officers can intercept the vehicle."

Newham London

Starting school in Newham

Reception class places for September 2013

If your child will have their 5th birthday between 1 September 2013 and 31 August 2014 you need to apply for a reception class place now.

The deadline for a reception class place for September 2013 is **15 January 2013**. If you miss this date you will have less chance of getting the school that you prefer.

To make sure you apply on time, apply online. www.eadmissions.org.uk

From **10 September 2012** you can pick up a copy of the autumn 2012 edition of the Starting School guide from any London Borough of Newham operated nursery, infant or primary school. The guide includes a copy of the application form.

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www.primelandproperty.co.uk

*t&c applies

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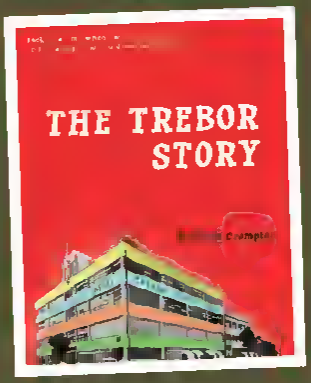
After January 2013 it will cost £500 to licence your property in Newham

thenewhammag
To advertise here call Julie Madell on 07890 529 090 or email julie.madell@newham.gov.uk

A sweet give away



The Trebor Story is Charlie and the Chocolate Factory for grown-ups, a sugar sweet treat for nostalgia freaks, local historians, and anyone interested in confectionery.

The Trebor Story charts the history of legendary sweets including: Refreshers, Black Jacks, and Fruit Salad. From its roots in the Victorian East End, this tiny family firm grew to become Britain's favourite sweet maker.

Win

We have two copies of *The Trebor Story* to give away. **To be in with a chance of winning a copy name where Trebor's first premises were in Newham.**

Email your answer with your name, address and contact number to **newham.mag@newham.gov.uk** or send it to Newham Mag, West Wing, 4th Floor, Newham Dockside, 1000 Dockside Road, E16 2QU, by 15 January

Author Matthew Crampton now wants to gather stories from people who worked at Trebor in Forest Gate, if you have anecdotes and memories you'd like to share visit **www.thetreborstory.com/blog/**

Special offer

Get 10 per cent off *The Trebor Story* until 15 January 2013 at The Newham Bookshop. Just mention the *Newham Mag* when you visit the shop at 745-747 Barking Road, E13

Fighting fit for disability sports

Winners Scott Wilkie Prima[illegible]

Residents of all ages headed to Newham Leisure Centre in Plaistow last month for two days of sport and activities to mark International Day of the Disabled Person.

More than 100 adults tried out cricket, judo, indoor rowing, zumba, wheelchair basketball, cardio tennis and box fit, which were all adapted to suit their needs and ability.

Ten Newham primary and secondary schools marked the event with the Newham Community Games. Battling it out against their peers, they collected points in sitting volleyball, boccia, goalball, wheelchair basketball, judo and indoor rowing. Brampton Manor Academy and Scott Wilkie Primary School were crowned the overall winners, closely followed by Eleanor Smith Primary School in second place with Eastlea and St Angela's secondary schools coming third.

The event was delivered in partnership with the council's sports and activities team, National Governing Bodies, NewVic College, the University of East London and local clubs.

Cash for business ideas

If you're an ambitious social entrepreneur who wants to grow your business the Big Venture Challenge could make it happen

The scheme delivered by Unl.td and the Big Lottery Fund offers intensive support, powerful connections and match funding. From January 2013 they are looking for:

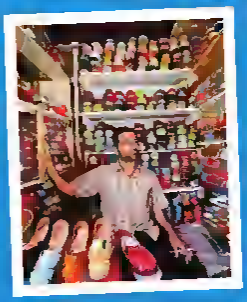
> **entrepreneurs** – would you like to raise £50,000-£250,000 of investment to grow your social venture?

> **Investors** – are you an individual or institution interested in making an investment of £50,000-£250,000 in an exciting social ventures?

> **supporters** – are you an individual or organisation interested in providing support and opening doors for some of the most exciting social entrepreneurs in England?

For more information visit **www.bigventurechallenge.com** or call **020 7566 1100**

No ordinary exhibition



Take a unique look at life through a lens at a special photographic exhibition by East Ham resident and *Newham Mag* photographer Andrew Baker.

The free exhibition titled *A Life Quite Ordinary* is being hosted by Stratford Circus. The display features candid snapshots of life in Newham and London. Enjoy atmospheric black and white images alongside vibrant, colourful pictures covering everything from Pearly Queen portraiture to reportage from a Plaistow fun day.

Go along to Stratford Circus, Theatre Square, E15, until 16 February to view the exhibition. Stratford Circus is open daily. Visit **www.stratford-circus.com** or call **020 8279 1001** for more information.

WIN £100 to spend at Westfield

Thank you to Newham shoppers, Westfield Stratford City is giving one lucky reader of the Newham Mag the chance to win a £100 gift card.

Accepted at all retailers and restaurants in the shopping centre, the gift card can be spent at both Stratford City and Westfield London.

To be in with a chance of winning this super prize, answer this question:

Apart from Stratford City, where else in London can you shop at Westfield?

Email your name, address, age and contact number to Newham.mag@newham.gov.uk or send your answer to The Newham Mag, Newham Dockside, 1000 Dockside Road, London E16 2QU before 2 January.

Westfield will be closed on Christmas Day but is open 10am-8pm on Boxing Day. All shoppers get two hours parking or pay a maximum of £5 for all day shopping. To find out more visit **uk.westfield.com/stratfordcity**

Kids' Corner

PLEASE SEND YOUR DRAWINGS, JOKES AND POEMS TO:
KIDS' CORNER, WEST WING
4TH FLOOR, NEWHAM DOCKSIDE
1000 DOCKSIDE ROAD, LONDON E16 2QU
OR EMAIL THEM TO
newham.mag@newham.gov.uk

Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry

GALLERY

Ahna Bajaj, 11

Indre Rizgus Kaite, 11

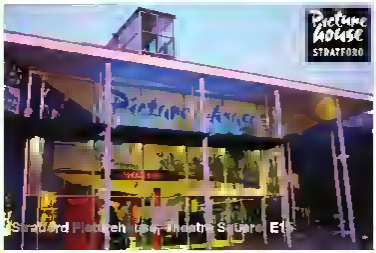
Savannah Nyarko, 11

Raad Qureshi, 11

Free membership at Stratford Picturehouse

This issue's winner receives free annual family membership at Stratford Picturehouse, which includes free tickets and discounts on films

To be in with a chance of winning this or another great prize send your pictures, jokes and poems to **Kids' Corner, West Wing, Fourth Floor, Newham Dockside, 1000 Dockside Road, London E16 2QU** Don't forget to write your name, age, address and daytime contact telephone number on the back of your entry **Good luck!** Visit www.picturehouses.co.uk to see what's on



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Christmas
Crackers
Decorations
Dogs
Excitement
Hats
Holly
Party
Presents
Scarves
Stars
Tinsel

Jokes

Where did the ship go when it was ill?
To the docks.

What did the doctor say to the old man who had 50 seconds to live?
Wait a minute.

What do prisoners use to call each other?
A cellphone.

Where do polar bears vote?
The north poll.

Why don't skeletons fight each other?
Because they don't have the guts.

What did the ace do when someone said hi?
Waved back.

by Ermeyas Girma

WHAT'S ON?

FIVE PAGES OF ACTIVITIES MOSTLY FREE, ALL FUN!

To view hundreds of events, or to add your own, log on to **www.newham.gov.uk/whatson**

21 DEC – 18 JAN

OUR THRILLING THREE...

1. **Boxing** – could you be the next Nicola Adams? Check out the Olympic style amateur boxing sessions for 11-19s with West Ham ABC Free Wednesdays 7pm Hathaway Community Centre Hathaway Crescent E12 Call **020 8430 2000**

2. **The Newham Swords** – a fencing club for all ages and abilities Coaching by former Olympians Maestro Linda Strachan and Maestro Pierre Harper Call **07956 618 696** or email **fencing@newhamswords.co.uk**

3. **Flying Wheels** – multi sports activities for young wheelchair users aged 6-22 Wednesday and Friday evenings 6 8pm Rokeby School, Barking Road E16 Call **07888 085 259**

MENTION THE MAG...

PalmTree ChumChums buffet/grill in Forest Gate is offering you the world on a plate. All you can eat buffets start from £6.95 (adults), £3.95 (children) and you can enjoy Indian, Chinese, Thai and Continental food **Mention the *Newham Mag* and get 15 per cent off your total bill**

The offer is available Monday to Thursday until 24 January 2013. Quote "Newham Mag Palm Tree" when you make your booking Call **020 8555 8583,** email **info@palmtreechumchums.com** or visit 329 Romford Road, E7. www.palmtreechumchums.com

TRY SOMETHING NEW... MONDAY COMEDY NIGHTS

Monday comedy nights at the Theatre Royal kick off again from Monday 7 January 2013. Hosted by the award winning Quincy (aka the Cockney Prince) the first show of the year is headlined by Nathan Caton. Nathan has been called 'one of the most exciting comics on the scene' and has performed at the Edinburgh Festival as well has making guest appearances on Mock the Week and Comedy Cuts. He is supported by Brighton Comedy Festival's new act of the year – Harriet Kemsley.

Entry is free
Theatre Royal Bar
Theatre Royal Stratford East,
Gerry Raffles Square, E15
020 8534 0310
www.stratfordeast.com/comedy-night

ARTS AND ENTERTAINMENT

Comedy Night
From January free entertainment every Mon, 8pm, Theatre Royal, Stratford East Gerry Raffles Square E15 Visit www stratfordeast com/comedy night

Mini Musical Makers
Free music and story building sessions for children and parents with Newham Academy of Music
Wed afternoons, Discover Story Centre, 383-387 High Street, E15 Call 020 8536 5555
Mon mornings, The Hartley Centre, 267 Barking Road, E6 Call 020 7540 6923
Places are limited please book before attending

All libraries will close at 5.30pm on 24 December. Normal opening hours will resume on Wednesday 2 January.

COURSES

Do it Online
Basic computer sessions for all All sessions take place at local libraries. You must book in advance
Tues, 10am-12noon, Green Street
Wed 10am 12noon Stratford
Thurs, 10am-12noon, Canning Town
Fri 10am 12noon and 2-4pm East Ham

Free Computer Course (19+)
Until 7 Jan 2013
Mon-Thurs,10am-5pm, Fri, 10am-1pm, Jack Cornwell Community Centre, Jack Cornwell Street, E12 Call 07943 887 612/ 07507 173 272

Knit & Natter
Craft group for men and women of all ages and abilities, at local libraries
Weds, 10am-12noon, Beckton Globe
Fri, 10am-12noon, Canning Town

UNDER FIVES LIBRARY ACTIVITIES

Open to under fives with their parents/carers. All sessions take place at local libraries.

Toy Library
Tues and Thurs, 10am-12noon, East Ham

Imaginative Play
Fri, 10.30-11.30am, East Ham

Storytelling
Mon, 10.30-11.30am, Canning Town
Tues, 10.15-11.15am, Custom House
Tues, 11am-12noon, Plaistow
Tues and Fri, 11am-12noon, Stratford
Wed, 2-3pm, East Ham
Thurs, 2-3pm, North Woolwich
Thurs, 10.30-11.30am, Green Street
Fri, 10.30-11.30am, Beckton Globe
Fri, 11am-12noon, The Gate

YOUNG PEOPLE'S LIBRARY ACTIVITIES

All sessions take place at local libraries

Homework Club
For young people aged 7 to 14. School term only.
Mon, 4-6pm, Stratford, East Ham and North Woolwich, 3.30-5.30pm
Tues, 4-6pm, Beckton and The Gate
Thurs, 4-6pm, Canning Town Custom House and Plaistow

Games Clubs
Free activities such as Sony PS3, Xbox 360, Wii games, board games and more for all children aged 8-13
Mon, 3.30-5.30pm, Canning Town and Manor Park
Tues, 3.30-5.30pm, Custom House and East Ham

Teen Xtra Evenings
Free activities for ages 12-21
Thurs, 6-8pm, The Gate

ADULT LIBRARY ACTIVITIES

All sessions take place at local libraries.

Adult Reading Groups
Thurs 3 Jan, 6.30-7.30pm, Plaistow

Over 50s Club
Thurs, 10am-12noon, Beckton Globe

EXTRA ACTIVITIES

Royal Docks Learning & Activity Centre
All sessions cost £1 unless specified otherwise
Mon, Mother and Toddlers, 9.30-11am
Tues, Bingo, 10am-12noon
Healthy Cooking Group, 10am-12noon
Sewing Classes: beginners 10-11.30am and intermediate 11.30am-1pm
Thurs, Tai Chi, £2, 10.30am-12noon
Sessions take place at Royal Docks Learning and Activity Centre, Albert Road, North Woolwich, E16
Call 020 7476 1666

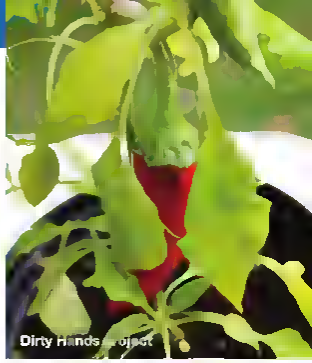
LGBT Community Group
For over 50s. Snacks and refreshments provided. Every third Tues of each month, 4-6pm. Community Resource Centre, 200 Chargeable Lane, E13. Call 020 7239 8055

Dirty Hands Project
Grow your own fruit and veg. Open to all. First Sat of each month, 10am-2pm, Valetta Grove, (opposite Plaistow Station) E13. Visit www.dirtyhandsproject.org.uk or email dirtyhandsproject@gmail.com or call 07961 674 210

Older People's Reference Group
For over 50s. Christmas party with food and entertainment. Thurs 13 Dec, 12.30-2.30pm, St Mark's Community Centre, 218 Tollgate Road, E6. Call 020 7241 5902

BASKETBALL

Youngbloods Basketball
All sessions cost £1
U12s, mixed
Sat, 1-3pm, East Ham Leisure Centre, E6
U13/14s, boys
Mon, 6-8pm, St Angela's School, E7
Tues, 5.30-7.30pm, Newham Leisure Centre, E13
U14s, girls
Mon, 4.30-6pm, St Angela's School, E7
Tues, 5.30-7.30pm, Newham Leisure Centre, E13
U15/16s, boys
Tues, 6-8pm, East Ham Leisure Centre, E6
Fri, 6-8pm, St Angela's School, E7
U17/18s, boys
Tues, 8.9.45pm, East Ham Leisure Centre, E6
Thurs, 7-9pm, St Bonaventure's School, E7
Fri, 6-6pm, St Angela's School, E7
Call 07958 307 657



Newham All Star Sports Academy (NASSA)
All sessions take place at UEL, Docklands Campus, University Way, E16. Sessions are £1 unless indicated otherwise. Visit www.nassasports.org.uk
Wed, 4.20-6pm, U13-14
6-8pm, U16-18
8-10pm, Senior Men
Thurs, 4.20-6pm, U13-14
6-8pm, U16-18
8-10pm, Senior Women, £2
Fri, 4.20-6pm, U13-14
6.8pm, U16-18
8.10pm, Senior Men Run, £2
Sat, 10.20am-12.20pm, junior boys and girls, 8-14, £2
Call 07703 503 995 or 07712 176 301

National League
Mon, 6-8pm, U13/14s, Rokeby School, Barking Road, E16
Tues, 6.8pm, U15/16s, Rokeby School, Barking Road, E16
Thurs, 4.30-6pm, U13/14s boys, U14s girls, Newham Leisure Centre, Prince Regent Lane, E13
6-8pm, U16s, Newham Leisure Centre, Prince Regent Lane, E13
6-8pm, U18s, Cumberland School, Oban Close, E13

Gifted and Talented
Fri, 4.15-5.30pm, Cumberland School, Oban Close, E13

Basketball Session
Sat, 10am-12noon, Newham Leisure Centre, Prince Regent Lane, E13

Senior Men/Women Programme
Mon 7.30-9.30pm
Division 2 Women and Division 3/4 Men Rokeby School, Canning Town E16
Call 07947 401 616

FOOTBALL

Mayor's Football League
8-16s, Mon, 4-6pm
Newham Leisure Centre, Prince Regent Lane, E13

4v4 Football
8-19s Wed 5-7pm
Stratford Park MUGA, West Ham Lane, E15

5v5 Football
8-19s, Fri, 5-7pm
Royal Victoria Gardens, Pier Road, E16

4v4 Football
8-19s, Fri 5.30-7pm
Snowshill MUGA, High Street North, E12

5-a-side Tournaments
(First Sat of the month)
U12s/U14s/U16s, Sat, 10am-1pm
Plashet Park, Plashet Grove, E7
8-19s Wed 7.30-9pm
Winsor community MUGA Manor Way, E6
Call 020 3373 4119

WHU Kickz (free)
Mon, U14s, 4-5.30pm
15+, 5.30-7.30pm
West Ham United Community Astro Turf (Beckton), E6
11-18s 5-8pm
Forest Gate Youth Centre, E7
Tues, U14s, 4-5.30pm
15+, 5.30-7pm
West Ham United Community Astro Turf (Beckton), E6
11-18s 6-9pm
Priory Park MUGA, E6
Wed, 11-18s, 5-8pm
Priory Park MUGA, E6
Thurs 11-18s 4-7pm
Priory Park MUGA, E6
Fri, U14s, 4-5.30pm
Girls 11+, 5.30-7pm
West Ham United Community Astro Turf (Beckton), E6
11-18s, 5-8pm
Forest Gate Youth Centre, E7

Air Football 16+
Tues, 1-3pm,
Stratford Park, E15
Fri 3-5pm Beckton Powerleague F6 Visit www.airfootball.co.uk

Ascension Football Academy
All sessions £3
School years reception to 11, 10-11.30am
King George V Park, King George Avenue, E16 Call 07806 584 925

BOXING AND SELF DEFENCE

Boxing
West Ham ABC - community boxing, 11-19s
Free Olympic style amateur boxing sessions
Hathaway Community Centre Hathaway Crescent, E12
Wed 7pm Call 020 8430 2000
West Ham Boys ABC 9+, boys and girls
Mon, Wed, Fri 5-6pm
The Black Lion, 59-61 High Street, E13 Call 020 8472 3614
Peacock ABC 8+,
Mon, Wed, 6-8pm
boys and girls
Caxton Street North, E16
Call 020 7511 3799
Newham Boys ABC
6+ boys only
Mon, Wed, Fri, 6-7.45pm
Old Bath House 141 Church Street, E15 Call 020 8519 5983
Fight For Peace 11+,
boys and girls
Woodman Street, North Woolwich, E16
Call 020 7474 0054

Punch Out (16+)
Free boxing fitness workout
Thurs 8-9pm, Beckton Community Centre, Manor Way E6
Fri 5-6pm, Katherine Road Community Centre, 254 Katherine Road, E7 Email getactive@newham.gov.uk

Shoujin Karate
Sessions for beginners
Newham Shoujin Karate Club Wads, (during term time only)
4.30-5.30pm Fri, 6-7pm and 7-8pm Sun, 10-11am, Newham Leisure Centre, Prince Regent Lane, E13
Call 07508 070 638
Docklands Shoujin Karate Club Mon 6.20-8.20pm UEL Sports Dock, Docklands Campus, E16 Call 07517 136 837

Tang Sao Do
Korean Martial Arts for 5+ to adults £5 per session – family discount available
Sat, 1-2.30pm (arrive at least 15 minutes before start) The Hub, 123 Star Lane, E16
Tue 7.30-8.30pm Grassroots, Memorial Park Memorial Avenue E15
Call 07725 948 426 or email ace_rosillo@hotmail.com

Hop Skip and Punch (18+)
Mon, 5.30-6.30pm, Katherine Road Community Centre, 254 Katherine Road, E7
Call 020 8548 9825

Free Boxercise Boatcamp class (16+)
(children 7+ welcome with parent) Wednesdays 6-7pm
90 Day Fatbuster Program
Tuesdays & Fridays 6-6.45 16+
Britannia Village Hall 65 Evelyn Road E16 1TU
Registration required, membership packages
info@5starphysique.co.uk
www.5starphysique.co.uk
07904625402

HEALTH AND FITNESS

Handball (free)
8-16s, Tues, 3-4.30pm
16+, Fri, 6-8pm
Newham Leisure Centre, Prince Regent Lane, E13 Email aranka.bekker@newham.gov.uk

Multi sports (free)
Wed 1-3pm and 5-7pm 16+
Stratford MUGA, West Ham Lane E15
Fri, 5.30-7pm, 8-19s
Snowshill MUGA High Street North, E12 Call 020 3373 4119

Athletics
Sun 10.30am-12.30pm, 10-19s
Newham Leisure Centre, Prince Regent Lane, E13 Email coral.nourrice@newham.gov.uk
Newham and Essex Beagles Athletics Club Mon and Wed, 6.30-9pm, 10+
Sun 10am-1pm
Call 020 7511 4477

East End Road Runners
Free coached sessions for all abilities
Tues and Thurs, 7pm
Sun, 9am, meet on the track, Newham Leisure Centre, Prince Regent Lane, E13
Call 07979 261 647

Run England sessions
All sessions are £2 indicated otherwise
Sun 10am 12noon Newham Leisure Centre E13 (meet on the track)
Mon 4-5.30pm, Newham Leisure Centre E13 (meet on the track)
5.45-6.45pm Newham Dockside, E16 (meet at reception)
Tues 6-7pm, Newham Leisure Centre, E13 (meet on the track)
Wed 12noon-1pm Newham Dockside, E16 (meet at reception)
Thurs free 5.15-6.15pm UEL Docklands Campus E16 (meet at reception)
Sat, 10-11.30am, East Ham Central Park, E6 (meet at the cafe)
10-11.30am, Wansted Flats, E12 (meet at Harrow Road

Changing Pavilion)
10-11 30am Memorial Park
E15 £4 (meet at car park)
Call 07718 394 874

Cricket
Wed, 6-8pm, 8-18s, Lister Community School, St Mary's Road, E13 Call 020 3373 4119

Hockey
Mon 3 5pm, 8 14s
Kingsford Astro Kingsford Way E6 (by Asda car park)
Call 020 3373 4119

Rugby
Tues, 4-6pm, 10-16s
Memorial Park, Memorial Avenue, E15 Call 020 3373 4119

Volleyball
Mon 3 30-5pm 11 18s, Royal Docks School Prince Regent Lane E16, Call 020 3373 4119

Newham Swords (4+)
Tues, 6 30-9pm
Thurs, 6 30-9pm
Fri, 7 30-10pm
The Hub in the grounds of Newham Leisure Centre Prince Regent Lane E13
Call 07956 618 898

Newhsm Striders
Free sociable walking group seven days a week
Call 020 8430 2000

Free Men's Health Footbell Fitness Sessions
Sat, 10-11am, West Ham United Community Training Facility, 60a Albatross Close, E6
Call 020 7473 7724

Free Family Fit Club
Sat 11am-12noon, West Ham United Community Training Facility 60a Albatross Close E6 Call 020 7473 7724

Zumbs clssses
Thurs, 7 30 8 30pm, St Nicholas Church Hall, Gladding Road E12, £5 per class Call 07720 805 505

Saturdeds
For fathers, grandads uncles and children aged 0-16
Sat 12noon-3pm
Chandos East Hub 90 Chandos Road E15
Call 020 8221 2137

Fsmily Fitness clssses
£4 £6 for adults £1 for children/teens

Outdoor classes
Adult only Boot Camp
Tues, 9 30-10 30am
Family Boot camp (children must be 7+) Tues 5-6pm
Teens only Boot Camp (13-16)
Weds, 5-6pm
Family Boot Camp
Sat 11 30am 12 30pm
Grassroots Memorial Park E15
To register for outdoor classes call 07904 625 402 or email info@5starphysique co uk

Indoor classes
Funky Kids Skiptrix (7+ jump rope based exercise and games) Thurs, 5-6pm
Adults Skiptrix Circuits, Thurs, 6 15-7 15pm
The Hub, 123 Star Lane E16
Call 07904 625 402 or visit www 5starphysique co uk

Newhsm Young Britons A.S.C
Learn to swim and/or improve your strokes
Men's session, (12 week course, £70 60) Sat, 5 30-6 15pm
Children's session (£2 per session) 5 16 Sat, 6 15 7pm
Newham Leisure Centre
Prince Regent Lane, E13
Call 07956 304 518

Yoga Clesses
£5 50 for full-time workers or £3 50/£4 for students and those in receipt of benefits
Tues, 6 10-7 10pm and
Fri, 10 30-11 30am,
The Hub, 123 Star Lane, E16
Wed, 6 30 7 30pm
The Unitarian Church, West Ham Lane E15
Call 07956 808 007 or visit www yocoma co uk

Woodside Bedminton Club
Intermediate and club standards players welcome Fri 8-9 30pm £5 waged/£3 unwaged,
Carpenters Docklands Centre, 98 Gibbins Road, E15 Call 07958 761 676 / 07956 150 240

Table Tennis
For beginners and intermediate players Thurs, 6 30-9pm
Stratford School, Upton Lane E15 (Doris Road entrance)
For more info call 07976 577 716 or 07828 866 031 or email ginny harris10@btinternet com

Qi Cong
Suitable for adults of all abilities £5 per session
Thurs 8pm on the Docklands Community Boat moored near ExCeL. Meet at the gates to Millennium Mill, Mill Road, E16
Call 07930 610 275 or email lee@bigheavenlittleheaven com

UnityZumba
Classes are £5 each adults, children £3 (7+)
Mon and Wed, 8-9pm,
Hartley Centre, 267 Barking Road, E6
Tues and Thurs, 8 15-9 15pm
St Mark's Community Centre, 218 Tollgate Road, E6
Fri, 7 30-8 30pm, African Caribbean Centre, 627-633 Barking Road, E13
Sun, 6.30-7.30pm,
The Well Centre, 49 Vicarage Lane, E6 Call 07886 884 573

Beginners' Ballroom
£2 50 per session
Mon, 10am 12noon, St Paul's Church Centre Burges Road, E6 Call 07761 209 463

Twisted Pink
Open to 7-21s
Street Dance sessions. Fri, 6-7pm, £3
Zumba classes (From 30 Nov) Fri, 7 15 8 15pm £5 including childcare. St Luke's Church, 89 Tarling Road, E16
Call 07534 513 307, visit www twistedpink org uk or email twistedpink26@aol com

Zumba with Annabel (17+)
Mon 7 8pm £5 Vicarage Lane Community Centre Govier Close, E15
Tues, 8-9pm, £4, Swift centre 387 Barking Road, E13

Call 07500 898 665

Bedminton at Little Ilford School
For all standards £4 for a court and bring a racquet
Thurs, 7-9pm Browning Road, E12 Email morgan_phil@hotmail com or call 07944 117 263

FEMALE SPORTS

Zumba Fitness (12+)
£5 per session 8 30 9 30pm
The Hub 123 Star Lane E16
Email bollywoodfuzion@gmail.com or call 07830 455 823

Dare2Dance
Free street dance classes for girls, 12-16s Fri, 3 30-5 30pm
Newham Leisure Centre (New Indoor Multi Sports Centre), Prince Regent Lane, E13
Call 07970 783 526

Girls Spinning Sessions
11-16, Mon and Wed,
4-4 30pm Newham Leisure Centre, Prince Regent Lane, E13 Call 020 7511 4477

Female Only Gym Sessions
11-16, Tues and Thurs,
3 30-5pm 16-25, Weds,
1 30-3pm, free Newham Leisure Centre, Prince Regent Lane, E13.
Call 020 7511 4477

Female Boxfit Classes (16+)
Mons 4 15-5 15pm Balaam Leisure Centre Balaam Street E13 Call 07970 783 526

Girls Football
12 14s football coaching and tournaments Tues 3 30-5 30pm Newham Leisure Centre

Prince Regent Lane E13 Call 020 8556 5973

Women United AFC (11+)
Mon (term time only) 6-7 15pm, Kingsford School, £1 per session Call 07792 932 979

Get Back into Netball
OPA Netball Club sessions Tues juniors 6-7pm, seniors 8-9 30pm £2 per session Lister Community School St Mary s Road E13 Call 07717 281 529

Body Blast (16+)
Mon, 7-8pm and Thurs, 6-7pm Talent Central, Unit 27a, 3 Armada Way, Gallions Shopping Centre, E6

Female Multi-Sports
Cardio Tennis, Handball Rounders, Football and more 10-16s, 4 30-6 30pm, Tues; 4 30-6.30pm Newham Leisure Centre Prince Regent Lane, E13 Fri 4 15 5 15pm Little Ilford Youth Zone, Rectory Road E12 Call 020 8556 5973 or email Farrakh Khan@locsp org

Sheila's Yummy Mummy buggy (16+)
£5 per session Mon 10-11 30am East Ham Central Park, E6 (meet outside cafe in the park) Fri, 10-11 30am, Plashet Park, Plashet Grove, E6 Call 07908 614 958 or email spoleon@aol com

Get back into Netball
OPA Netball Club sessions Tues juniors, 6-7pm seniors, 8-9 30pm £2 per session Lister Community School St Mary's Road, E13 Call 07717 281 529 or email opanetballclub@hotmail com

Zumba classes
Tues, 8-9pm, £4 per hour, The Swift Centre, 387 Barking Road, E13 Thurs 7 30-8 30pm, £4 per hour, The Hub, 123 Star Lane, E16 For more details call 07500 898 665

Janice's Fitness (16+)
Soca and Zumba fitness sessions £5 per session Tues, 9 30 10 30pm St George and St Ethelbert Church Hall, Burford Road, E6 Email info@jfikarate co uk or call 07818 000 643

Bollywood Dance Class
For ages 13-18 Wed, 6-7 30pm, Katherine Road Community Centre, 254 Katherine Road, E7 Call 020 8548 9825

SPORTS AND PHYSICAL ACTIVITIES FOR DISABLED PEOPLE

Multi-Sports
Free Flying Wheels club for young wheelchair users 6 22 Wed and Fri evenings, 6-8pm Rokeby School, Barking Road E16 Call 07888 085 259
U19s, Fri 4 30-6 30pm, Newham Leisure Centre E13
Disabled Multi-Sports Tues, 10 30am-12noon, Newham Leisure Centre, E13 Call 020 7511 4477
Fri 4 30-6pm NewVic Prince Regent Lane E13 Call 07811 671 082

Wheelchair Basketball
11 19 Wed 4 5pm Rokeby School Barking Road E16 Call 07947 401 616

Family Swims for Disabled Children and Adults
Newham Otters Swimming Club Sat Newham Leisure Centre, E13 4 30-5 30pm For more details call 07931 788 739
Family Swim, Sun, 12 30-2pm, Balaam Leisure Centre, E13, £5 Call 020 7476 5274

Free Trampolining Sessions
U19s Fri 5 7pm and Sat, 12noon-2pm Newham Leisure Centre E13 Call 020 7511 4477

Mixed Swimming Sessions for Adults and Children
Wed, 10am 12noon, East Ham Leisure Centre, E6 £1 15 per session Call 020 8548 5850

Free Swim for Families dealing with Autism
Wed 4 5pm Balaam Leisure Centre E13 Call 020 7476 5274

Get fit for free
Free use of the gym for one year for people with learning disabilities at Newham Leisure Centre Tues, 1 30-3 30pm and Fri, 10am-12noon. To book an induction call on 020 7511 4477

B1 Football Club
Third Sun of every month, 10am-12noon East Ham Leisure Centre E6

Free soft play and exercise to music
Sat, 2-3pm, Newham Leisure Centre E13 Call 020 7511 4477

COMMITTEE MEETINGS

All meetings take place at Newham Town Hall, Barking Road, E6, unless specified
Thursday 3 Jan, 2pm Licensing (2003 Act) Sub committee Council Chamber
Visit **www.newham.gov.uk/committee** for updates

NEIGHBOURHOOD MEETINGS

Canning Town and Custom House neighbourhood meetings
If you live or working in the area come and speak to council officers and community police
Keir Hardie Tues 15 Jan, 6 30pm River Christien Centre Vincent Street E16
Canning Town Centre, Wed 23 Jan, 6 30pm, The Hub, Star Lane E16
Freemasons Road Thurs 31 Jan 6 30pm
Stanley Holloway Court 2 Coolfin Road E16
Fife Road, Tues 5 Feb, 6 30pm, Keir Hardie Church, Fife Road E16
To find out more call Sam Clark on 020 3373 3538 or email sam clark@newham.gov.uk

CONTACT THE MAYOR

Meet the Mayor
Mon 14 Jan, 9 30am, The Place 2 Silvertown Way, E16
Tues 15 Jan, 5pm Newham Town Hall, Berking Road E6
Speak to the Mayor
Weds 9 Jan, residents can telephone **020 8430 2000** between 9 30am and 10 30am Visit **www.newham.gov.uk/mayor** for updates

LIBRARY CONTACTS

Beckton Globe
1 Kingsford Way, E6
Canning Town
Barking Road, E16
Custom House Prince Regent Lane, E16
East Ham
High Street South, E6
Green Street
337-341 Green Street
The Gate 4-20 Woodgrange Road Forest Gate, E7
Manor Park
Romford Road, E12
North Woolwich
5 Pier Parade, E16
Plaistow North Street, E13
Stratford 3 The Grove E15
Archives and Local Studies (limited postal and email service only) call 020 3373 6881 email archiveslocalstudies@newham gov uk
Community Outreach Services To find out more call 020 3373 0813

Hundreds of services – just one number for all council enquiries
Call 020 8430 2000

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Newham London

Don't delay, license your property now

If you are a landlord or managing agent who lets property in Newham, it will need to be licensed.

Apply online now and a licence will cost £150.
From 1 February 2013 it will cost £500.

Failure to apply for a licence will be an offence and may lead to a fine of up to £20,000 per property.

For more information and advice, or to apply for a licence visit: www.newham.gov.uk/propertylicensing

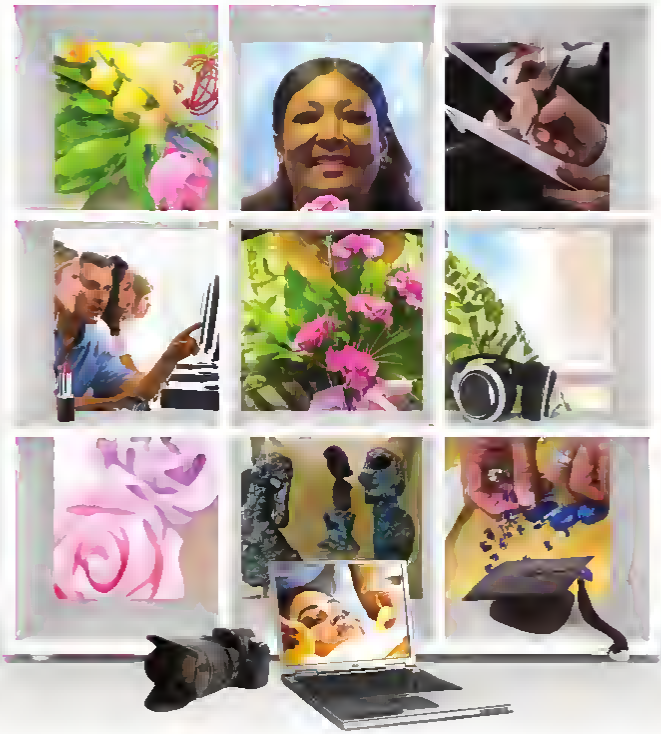
Alternatively, contact the Property Licensing team on 020 3373 1950.

a place where people choose to
live, work & stay

Lifelong Learning

Part-Time Courses in Newham Starting January

2013



Get ready! Adult Education Courses enrol from Wednesday 2 Jan 2013

The range of courses on offer locally are contained in a set of area leaflets available in print from your local Adult Education Centre or can be downloaded by visiting:

www.newham.gov.uk/adultcourses

Scan with your smartphone to visit website

Newham London